

THE SWCC CHALLENGE CONTRACT

Reference: a. COMNAVCRUITCOMINST 1130.8F Chapter 2
 b. MILPERSMAN, 1220-340

The Special Warfare Combatant craft-Crewman Challenge Contract: The SWCC Challenge Program Option guarantees the opportunity to enter the Naval Special Warfare/SWCC community for individuals desiring a 4-year USN enlistment (6-year enlistment for Medical Special Operations Technician). This option provides for entry into Class "A" School. Applicants must volunteer for diving duty to become eligible for all training pipelines offered in Special Operations. Chief, Bureau of Medicine and Surgery requires a significantly more stringent physical screening of personnel entering Special Operations diving duty.

Visit your local Navy recruiter or these websites

- a. <http://www.navyjob.com/>
- b. <http://www.navy.com/>
- c. <http://www.seal.navy.mil/>
- d. <http://www.swcc.navy.mil/>

Requirements: IAW REF (a) (b)

- a. 18-30 years old (17 with parental permission)
- b. A U.S. citizen.
- c. High school graduate (or meet High Performance Predictor Profile (HP3) criteria). Be proficient in reading, speaking, writing, and understanding the English language.
- d. Not be under civil restraint, a substance abuser nor have a pattern of minor convictions or any non-minor, misdemeanor, or felony convictions (waivers are granted depending on number and severity). The Special Assistant for Legal Affairs (CNRC Code 017) must not enlist applicants with lawsuits pending against them without prior approval.

- e. ASVAB minimum requirements, use and retest:
AR&VE/WK=104 and MC=50.
Note: For ASVAB Test numbers 5, 6, and 7, use WK.
Note 2: Minimum ASVAB score for Corpsman is AR+VE
or WK=110
Note 3: Five point ASVAB waiver (pers-401D).
- f. Eyesight- 20/20 or correctable to 20/20.
Note: No color blindness.

The Physical Screening Test (PST) is requirement of your contract. You will be test during the 1st week of your training at Boot camp. The Physical Screen Test is given to ensure that all applicants for SWCC program display a standard level of athletic proficiency before arriving at SWCC School. You should be in a progressive physical conditioning program to best prepare yourself for the demands of SWCC training.

You will be given three (3) opportunities to pass the minimum PST score. Failure in any portion of the PST is a disqualifier IAW REF (a).

The PST is as follows:

500-yard swim using breast and/or sidestroke in under 13 minutes

10-minute rest

Perform a minimum of 42 push-ups in 2 minutes

2-minute rest

Perform a minimum of 50 sit-ups in 2 minutes

2-minute rest

Perform a minimum of 6 pull-ups (no time limit)

10-minute rest

Run 1 ½ miles wearing running shoes and shorts in under 12 minutes and 30 seconds